Idealism in Martial Arts

Self defense is a necessary and integral part of martial arts. Still, it is also an unfortunate fact that self defense skills are still needed. In a world that is supposedly civilized, you would think that violence is a thing of the past. There is no getting rid of human nature, however. We can still discipline ourselves, of course, and daily try to be better people.

Also, self defense is a necessary evil. Still, I train in martial arts so as to prevent violence and to temper my own human nature. And perhaps I'm overly idealistic, but I'd like to continue trying to help others do the same and working towards changing the culture one life at a time.